MULTIMEDIA UNIVERSITY

STUDENT ID NO

MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 1, 2019/2020

PSE0025 – SOCIAL AND EMOTIONAL HEALTH

(All sections / Groups)

21 OCTOBER 2019
9.00 a.m.– 11.00 a.m.
(2 Hours)

INSTRUCTIONS TO STUDENT

1. This question paper consists of **TWO** page with **FIVE** Questions only.
2. Answer **ALL** questions.
3. Please write all your answers in the **Answer Booklet** provided.

STRUCTURED QUESTIONS [100 MARKS]

Instructions: Answer **ALL** questions. Write your answers in the **Answer Booklet**.

Question 1

Emotional health is about being happy and resilient as well as having self-confident and self-awareness. People who are emotionally healthy are able to cope with life's challenges and recover from setbacks.

a) State **FIVE (5)** habits of emotionally healthy people.

(10 marks)

b) Explain **FIVE (5)** benefits of having good emotional health.

(10 marks)

Question 2

According to Chickering and Reisser (1993), in the process of developing identity, college students first experience improving intellectual, physical and interpersonal competences. Then, college students learn to manage their emotions where they find a balance between self-control and self-expression.

Explain the following developmental tasks/vectors that students address throughout their college years.

a) **THREE (3)** types in developing competence.

(6 marks)

b) **THREE (3)** stages of developing integrity; sequential but overlapping stages.

(6 marks)

c) In the Theory of Social Constructivism, there are **FOUR (4)** factors that account for observational learning. Explain all four factors.

(8 marks)

Continued...

Question 3

a) Daniel Goleman (1995) suggests that emotional intelligence consists of five major parts.
Explain the **FIVE (5)** major parts of emotional intelligence that may contribute to this finding.

(10 marks)

b) According to Dr. Saarni (1999), emotional competence is defined as the functional capacity wherein a human can reach their goals after an emotion-eliciting encounter. She defined emotion as a building block of self-efficacy.
Explain emotional competence developmental sequence that occur without awareness, and are expressed without language.

(10 marks)

Question 4

Many students are aware that experiencing a little anxiety or stress is helpful to them because it motivates them to study. Without the arousal created by the exam, many students might not study very much or at all. However, a high level of anxiety concerning the exam that actually interferes with the ability to study or to retrieve the information at exam time is distress.

a) State **FIVE (5)** academic stressors and **FIVE (5)** personal stressors that may be faced by a student.

(10 marks)

b) State the **FIVE (5)** stress signals that appear as physical symptoms and **FIVE (5)** stress signals that appear as cognitive symptoms.

(10 marks)

Question 5

Taking care of our emotional health is as important as taking care of our physical body. If our emotional health is out of balance, we may experience high blood pressure, ulcers, chest pain, or a host of other physical symptoms. When we feel good about ourselves, it's much easier to cope with life's little ups and downs as well as bigger events.

a) Discuss **FIVE (5)** methods to improve emotional health. (10 marks)

b) Discuss **FIVE (5)** methods to improve emotional resilience. (10 marks)

End of Paper